

Loma Verde Pool Activities Fall 2003

Lap Swim

This program is offered for participants who wish to swim laps or enjoy themselves in a comfortable, outdoor, heated pool setting. Bag check-in is not available during this program.

Monday – Friday 11 – 1 pm

Deep Water Exercise

No impact, cross training workout. This class employs modern methods of water exercise through walking, running and conditioning producing a cardiovascular workout perfect for everyone, regardless of swimming ability.

Instructor: P. Hagel

Monday, Wednesday and Friday 12 – 1 pm

Resident fee: \$30.00 for 10 workouts or \$4.00 per visit

Nonresident fee: \$35.00 for 10 workouts or \$4.50 per visit

Water Aerobics

This program is designed for those individuals who are in rehabilitation, have back problems or arthritis or are just looking to achieve cardio respiratory fitness without subjecting the body to the stress and impact of walking or jogging on land, using the natural resistance and buoyancy of water.

Instructor: P. Hagel

Monday, Wednesday and Friday 11 - 12 pm & 7:15 – 8:15 pm

Resident fee: \$30.00 for 10 workouts or \$4.00 per visit

Nonresident fee: \$35.00 for 10 workouts or \$4.50 per visit

Chula Vista Diving

Competitive springboard diving for the beginner to expert (no age limit).

Coach: T. Crosby

Monday & Wednesday 5:30 – 7 pm